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Xaashida Su'aalaha Badanka la iska weydiyo Hargabka H1N1 (Hargabka Doofaarka) ee Dadka Bilaa Guryaha ah

Waa Maxay Hargabka Doofaarka?

Hargabka H1N1, oo loogu yeedho "Hargabka doofaarka", waa nooc ka mid ah hargabka fayrasku keeno oo ka bilaabmay doofaarka, balse isu beddelay nooc hargabka bani-aadamka ku dhaca ah, kaasi oo ay isku gudbiyaan dadku. Hargabka doofaarka ee wararka aan ka maqalo waa nooc hargab cusub ah. Wuxuu soo jiitay dareenka dadka sababta oo ah waxaa uu ku fidayaad adduunka oo dhan, waana ay adag tahay in la sheego tirada qof ee uu ku dhacay xannuunkan.

Miyaan ka qaadi karaa hilibka ka yimaad doofaarka, sida ka laga jaro dhabarka, jiidhiisa ama bowdada?
Maya. Kuma fido cunitaanka hilibka doofaarka.

Sidee ayaan ku ogaanayaa in aan buko?

Waxad dareemi doontaa in **si deg-deg ah xannuunkaagu u xumaanayo**, adiga oo leh:

- **XUMAD** ama qandho **IYO** mid ka mid ah arrimahan:
- Madax xannuun
- Muruqyo xannuun (dhabarka, lugaha, gacmaha)
- Qufac
- Cuno xannuun
- Matag ama/yo shuban (ma aha astaan, balse waa suurtogal)

Miyaan Dhakhtarka u tagaa haddii aan yeesho Astaamahan?

- Waa laga yaabaa inaad u baahan tahay. La hadal maamulahaaga, shaqaalaha hoyga ama xarunta tallooyinka si aad ugu sheegto inaad xannuunsanayso. Waxay ku weydiin doonaan waxoogaa su'aalo ah, waxay cabbiri doonaan heer-kulkaaga, iyaga oo eegaya inaad u baahan tahay inaad tagto kiliiniga ama cusbitaalka.
- Haddii aad xannuunsato oo aad isku aragto astaamahaas kor ku xusan oo uu ku hayo xannuun kale, sida macaan, sambab-barar, wadne xannuun, kelyo xannuun, HIV ama xaaland kale, fadlan dhakhtarkaaga la hadal si aad u weydiiso talo.
- Haddii aad leedahay astaamahan, kadibna xaaladaadu ay sii xumaato, oo neefsigu kugu adkaado, ama kugu yaraado, laab xannuun, dawakh deg-deg ah, ama aad si deg-deg ah ugu dhacdo jaho-wareer iyo "in aanad caadi ahayn", raadso caawimo deg-deg ah oo tag cusbitaalka.

Muddo intee le'eg ayaan xannuunka ku jirayaa?

Sida caadiga ah inta u dhaxaysa 5-10 maalmood, balse way kala duwan tahay qofba qofka kale.

Side ayuu u fidaa?

Waxaa uu u fidaa marka qof xannuunsanayso oo qaba fayraskan:

- Uu ku qufaco ama ku hindhiso hawada oo dadka kalena uu fayrasku ka galoo indhaha, sanka ama afka.
- Uu ku qufaco ama ku hindhiso gacmahooga, kadibna uu taabto oogada walxaha dadka kale taabanayaan oo uu ka galoo indhaha, sanka ama afka.
- Uu la wadaago qof kale walax ay candhuuftiisu taabatay sida sigaar, koob, mulqaacad ama fargeeto.
- Uu ka dhunkado qof kale wejiga ama dibnaha.

Sidee ayaan isaga ilaalin karaa in uu igu dhaco Hargabka Doofaarka?

- Gacmahaaga markasta u maydh si fiican.
- Gacme-nadiifiye waxa uu kaa caawinaya dilista jeermiska, laakiin haddana waa in aad maydho gacmahaaga ugu yaraan 6-8 jeer maalin kasta, oo ay ku jiraan kadib markaad musquusha isticmaasho, kahor inta aanad cuntada diyaarsan adigu ama aanad u diyaarin cid kale iyo kahor cunitaanka ama qaadashada daawada.
- Isticmaal gacmo-nadiifiye:
 - Markasta oo aad gasho dhisme si aad isaga ilaaliso in aad jeermiska soo geliso.
 - Kahor iyo kadib marka aad isticmaasho oogooyinka la wadaago, sida furayaasha kombuyutarka lagu garaaco ee yaalla goobaha dadweynaha, telefoonada la wadaago, iyo miisaska.
 - Kahor iyo kadib markaad raacdoo gaadiidka dadweynaha.
- Ku hindhis ama qufac laabtada suxulka, ama gudaha raqabada shaadhkaaga ama jeekeetkaaga, ama waraaq khafiif ah, sida waraaqaha tuwaalka ah ama kiliinikis. Maydh gacmahaaga ama isticmaal gacme-nadiifiye kadib markaad intaas sameyso.
- Gacmahaaga ka ilali wejigaaga. Indhahaaga mari waraaq khafiif ah. Keep your hands off your face. Rub your eyes with a clean tissue. Ha ku wad-wadin shaarubahaaga ama ha ku taabanin ilkahaaga gacmaha.
- Ka dheerow dadka inta badan qufacaya.
- Isku day in aad waxoogaa wakhti ah ku qaadatid dibadda. Maalin kasta hel waxoogaa laylis ah (20 daqiqo oo socod ah), waxad cabtaa biyo, shah iyo sharaab badan si jidhkaagu u yeesho dheecaan badan. Isku day in aad hesho hurdo kugu filan iyo nasasho.
- Ku dhiirigeli asxaabtaada in ay sameeyaan waxyaabahaas oo kale.

Ma leeyahay tallaal?

Maya, malaha wakhti xaadirkan.

Haddii aan qaato irbadda Hargabka, ma I caawinaysaa?

Waa laga yaabaa in ay kaa dhowto hargabka caadiga ah, balse xaqiiqatan ma aha kan hargabka doofaarka. Qaado irbadda hargabka xilliga dayrta. Weli waa muhiim iyada oo dada badan uu ku dhaco una dhintaan hargabka “caadiga ah” sannad kasta!

Ma jirtaa daawo lagu daweyyo hargabka doofaarka?

Haa. Taasi waa arrin ay tahay in aad weydiiso dhakhtarkaga marka aad isku aragtid Astaamaha Hargabka.

Waxa warar badan ka socdaan TV-yada, Internetka iyo jaraa’idada. Waan ku dawakhay!

- Waa arrin dareenkaaga kicinaysa marka taxadir badan la siiyo qadiyad sidan oo kale ah. Isku day in aad macluumaadkaaga ka hesho ilo-wareedyo isku halayn leh. Waxa aad maqashay way isbeddeli doonaan markasta oo la helo macluumaad cusub.
- Khadka internetka waxaad ka eegi kartaa www.cdc.gov/swineflu ama www.kingcounty.gov/health/H1N1 wixii war ah ee soo kordha.
- La hadal qof aad garanayso oo aad ku kalsoon tahay haddii aad dareento in wararku kaa awood bateen, oo dareenkaagu kacsan yahay ama aaad baqanayso.